

# **Reports on the Effects Long-Term Participation In The Monroe Institute Programs**

## **Participant B**

### **How does the Spirit move across the Face of the Earth?**

#### **The Story of Participant B**

She describes herself as someone who has “always had a yearning to talk about deep, profound, meaningful, true things.” University was a disappointment because she was expecting “Athens and it wasn’t. I was looking for wisdom, a meeting of minds.” So she became an anthropologist and then taught English as a second language.

She wandered around barely scrapping by in her first career before eventually landing a job in a major corporation on the East Coast. It was the same story, just a different setting. Her wanderings have taken her through a number of organizations without much financial success. “I have little concerns about how I am going to make a living. I have been very, very poor most of my life. Self-preservation is my thing.” Yet, the toll on her health was not inconsequential. Dying at her desk was an impending doom in her mind. “I am more socially oriented and wanted to do a good job because of my friends and colleagues.” It is one of the paradoxes in her life, that given her orientation she has no interest in having an intimate relationship. “I think I am tailored not to have relationships even though I realize it would be a very good thing in terms of deeper healing. There is a part of me that would relax into life . . .”

When asked where her life was headed in her early adult years, she straightforwardly responds, “trying to get as far from my true self as possible and seeing if I can get back.”

### **What is on the Other Side of the Rainbow?**

#### **Engagement of Multiple Intelligences**

I was really good at daydreaming. I liked to role play [. . .] Because of my father’s work [a historian who recreated live representations of American pioneer life], I lived in a fantasy world. Life was all about going out to have adventures.

- Song writer and singer. Performs publicly.
- Book author, technical writer for a software company.
- Sailing as a child.

### **Other Personal Development Activities**

- Has taken Voice Lessons, undertook Physical therapy for a number of years to include reiki treatments (the result was a Kundalini experience), attended Byron Katie and Barbara Brennen sponsored workshops, and took a Road Trip (lasting 3 months) spending time in an Ashram and the Light Center in NC during a professional life change.

### **Anticipation of Liminal States**

- Watching my inner resistance

### **Relationship with Inner Guidance**

- For more than a decade, I have been consciously following the guidance of my “wider self” (I prefer this term to higher self). I use discernment, but there is a clear sense of what is true.

### **Playfulness Towards Life**

- It is all about embracing what IS without having to change things. I don't give a rat's ass for metaphysics or theology. I have never been a searcher. I have never been a wanderer. I was just where I was. More divine Mother energy is coming through me now – I am more of a girly girl.

### **Compassion for Oneself and Others**

- Fear of being molested, of not being able to say no [something that happened at the age of 3]. Over the course of my life, I have intellectually experienced being molested from every angle. I have done a lot of healing to recognize the shame and guilt I still carry, but I am learning to love myself as I am.
- Sense of “Being Called” To Be Present with Others
- As a result of the energy that flows through me now, the one thing I care about more than anything else is the awakening of whomever I am with. It isn't that I don't have my own desires, but they are subordinate to this guidance.

## **Reflections**

The greatest times are when I am seeking the truth inside of me at a TMI program.